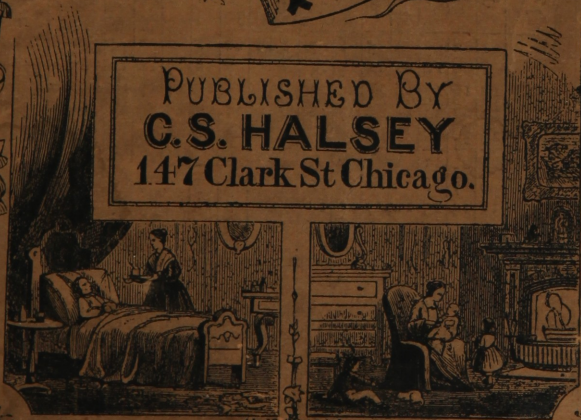


MEDICAL HINTS

FOR THE
PEOPLE

PUBLISHED BY
C.S. HALSEY
147 Clark St Chicago.



731

CALENDAR.

1866.

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Sept 21, 1983
Gift of Lucy S. Clark
M.D.

MEDICAL HINTS

FOR

THE PEOPLE:

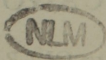
A FEW FACTS WORTH KNOWING.

CHICAGO:

C. S. HALSEY, 147 CLARK STREET.

1866.

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INTRODUCTION.

The woful ignorance of the majority of mankind in regard to a subject as important as life itself, viz: Health, and the means of regaining it when lost, and retaining it, when found; the slight heed paid to proper rules and acknowledged principles by those who have had opportunities to learn what is for their good; the immense amount of money annually wasted, or worse than wasted, on quack doctors, or on nostrums advertised to cure all the ills that flesh is heir to; the superstitions, prejudices, and false notions which prevail, where knowledge, sound reason, and good sense should reign; these things have saddened the heart of many a lover of his race; and it is these considerations, combined with others perhaps more selfish, which have induced the publisher of this little book, to lay before its readers a few ideas and suggestions which he feels confident will make wiser, and better, and happier, the generation which is guided by them.

EXTRACTS

FROM

“Sermons to Working People, on Health,”

BY JOHN BROWN, M. D.,

THE GUDE SCOTCH DOCTOR.

You see, my dear working friends, I am great upon sparing your strength, and taking things cannily. “All very well,” say you; it is easy speaking and saying take it easy; “but if the pot’s on the fire it maun bile.” It must, but you needn’t poke up the fire forever, and you may now and then set the kettle on the hob, and let it sing, instead of leaving it to burn its bottom out.

A man can *walk* farther and longer than he can *run*, and it is poor saving to get out of breath. A man who lives to be seventy, and has ten children and (say) five and twenty grand-children, is of more worth to the State than three men who die at thirty, it is to be hoped, unmarried.

HEALTH.

First, *for the skin*. You should take great care of it, for on its health a great deal depends; keep it clean, keep it warm, keep it dry, give it air; have a regular

scrubbing every Saturday night—and if you can manage it, you should every morning wash not only your face, but your throat and breast with cold water, and rub yourself quite dry with a hard towel till you glow all over.

For the brain—one thing of great consequence is *regular sleep, and plenty of it. Sleep is the food of the brain.*

For the lungs—the great thing is plenty of fresh air, and plenty of room for them to play in.

For the stomach—plain food *well cooked*. Laboring men should have meat every day. Good broth is a capital dish. But, above all, keep whisky out of your stomachs; it really plays the very devil when it gets in. It makes the brain mad, it burns the coats of the stomach; it turns the liver into a lump of rottenness; it softens and kills the heart; it makes a man an idiot and a brute.

Finally, see that you make yourself do what is immediately just to your body: feed it when it is really hungry; let it sleep when *it*, not its master, desires sleep; make it happy, poor hard working fellow! and give it a gambol when it wants it and deserves it: and let us keep our hearts young, and they will keep our legs and our arms the same.

THE CARE OF CHILDREN.

If you do not do all you can to make your children's bodies healthy and happy, their souls will get miserable and cankered and useless, their tempers peevish; and if you don't feed and clothe them right, then their poor little souls will leave their ill-used bodies—will be starved out of them; and many a man and woman have had their tempers, and their minds and hearts made

miseries to themselves and all about them, just from a want of care of their bodies when children.

Children should always either be laughing and playing, or eating and sleeping. Play is their business. You cannot think how much useful knowledge, and how much valuable bodily exercise a child teaches itself in its play. One thing I like to see is *a child clean in the morning*. But there is another thing I like to see, and that is *a child dirty at night*. First of all keep the head cool. Nature has given it a night cap of her own, in the hair, and it is the best. And keep the head clean.

A child should have a good while every day in the open air, and should have well aired places to sleep in. And then for their night-gowns, the best are long flannel gowns; and children should always be more warmly clad than grown up people—cold kills them more easily.

THE DOCTOR—HIS DUTIES TO YOU.

First.—It is the duty of the doctor *to cure you if he can*. Test a doctor by this: Is he in earnest? Does he speak little and know much? Does he make your case his first care? The doctor should, like the rest of us, stick to his trade, and mind his business.

Secondly.—It is the doctor's duty *to be kind to you*. I mean by this, not only to speak kindly, but to *be kind*; which includes this and a great deal more, though a kind word, as well as a merry heart, does good like a medicine. Cheerfulness, or rather cheeriness, is a great thing in a doctor. "His very foot should have music in it, when he comes up the stair."

Thirdly.—It is his duty *to be true to you*. True in word and in deed.

Fourthly.—It is his duty *to keep your secrets*. There

are things a Doctor comes to know and is told, which no one but he and the Judge of all should know.

Fifthly.—It is his duty *to warn you* against what is injuring your health. The Chinese pay their doctor for keeping them *well*, and they stop his pay as soon as they are ill.

Sixthly.—It is his duty *to be grateful to you*; 1st, for employing him, whether you pay him in money or not, for a doctor worth being one, makes capital, makes knowledge, and therefore power, out of every case he has; 2nd, for obeying him and getting better.

Seventhly, and lastly.—It is the doctor's duty *to keep his time and his temper* with you. Many things may occur to put him out of his reckoning; but it is wonderful what method, and real consideration, and a strong will can do in this way. And the doctor must keep his *temper*: should be patient with his patients, he should bear with them, knowing how much they are at the moment suffering.

THE DOCTOR—OUR DUTY TO HIM.

First.—It is your duty to trust the doctor.

Secondly.—It is your duty to obey the doctor.

Thirdly.—It is your duty to speak the truth to the doctor, the whole truth, and nothing but the truth; and,

Fourthly.—It is your duty to reward the doctor.

There are four ways of rewarding your doctor. The first is by giving him your money; the second is by giving him your gratitude; the third is by your doing his bidding; and the fourth is by speaking well of him, giving him a good name, recommending him to others.

Let the doctor and you be grateful and honest, and

kind and cordial, in one word, dutiful to each other, and you will each be the better of the other.

One person I would earnestly warn you against, and that is the *Quack* doctor. If the real doctor is a sort of God of healing, or rather our God's cobbler for the body, the quack is the devil for the body, or rather the devil's servant against the body. And, like his father, he is a great liar and cheat. He offers you what he cannot give. Whenever he offers you a medicine that cures everything, be sure it cures nothing; and remember, it may kill.

One word more. You should *call your doctor early*. It saves time; it saves suffering; it saves trouble; it saves life! If you saw a fire beginning in your house, you would put it out as fast as you could. You might, perhaps, be able to blow out with your breath what, in an hour, the fire-engine could make nothing of. So it is with disease; a dose of medicine, some simple thing, may put it out, when, if left alone, before night it may be raging hopelessly. And let me end by asking you to call in the Great Physician, to call him instantly, to call him in time; there is not a moment to lose; he is waiting to be called; He is standing at the door; but He must be called. He may be called too late.

FROM NOTES ON NURSING.

BY FLORENCE NIGHTINGALE.

NURSING ought to signify the proper use of fresh air, light, warmth, cleanliness, quiet, and the proper selection and administration of diet, all at the least expense of vital power to the patient.

PURE AIR.—The very first canon of nursing, the first and the last thing upon which a nurse's attention must be fixed, the first essential to a patient, without which I had almost said you may leave all the rest alone, is this: *To keep the air he breathes as pure as the external air*, without chilling him. Never be afraid of open windows. People don't catch cold in bed. This is a popular fallacy. With proper bed clothes and hot bottles, if necessary, you can always keep a patient warm in bed and well ventilate him at the same time.

To have the air within as pure as the air without, it is not necessary as often as appears to be thought, to make it as cold.

Generally speaking, you may expect that weak patients will suffer cold much more in the morning than in the evening. The vital powers are much lower. If they are feverish at night, with burning hands and feet, they are almost sure to be chilly and shivering in the morning.

Always air your room from the outside air if possible. Let no one ever depend upon fumigations, "disinfectants," and the like, for purifying the air. The offensive *thing*, not its smell, must be removed. Without

cleanliness, within and without your house, ventilation is comparatively useless.

LIGHT.—It is the unqualified result of all my experience with the sick, that second only to their need of fresh air, is their need of light, that after a close room what hurts them most is a dark room, and that it is not only light they need, but direct sunlight they want. A dark house is always an unhealthy house, always an ill-aired house, always a dirty house. Want of light stops growth, promotes scrofula, rickets, etc., among the children.

INFECTION.—True nursing ignores infection, except to prevent it. Cleanliness and fresh air from open windows, with unremitting attention to the patient, are the only defence a true nurse either asks or needs.

QUIET.—Whispered conversation in the same room is absolutely cruel; for it is impossible that the patient's attention should not be involuntarily strained to hear. Walking on tip-toe, doing anything in the room very slowly, are injurious, for exactly the same reasons. A firm, light, quick step, a steady, quick hand, are the desiderata; not the slow, lingering, shuffling foot, the timid, uncertain touch. Slowness is not gentleness, though it is often mistaken for such. Quickness, lightness and gentleness are quite compatible.

Unnecessary (although slight) noise injures a sick person much more than necessary noise (of a much greater amount.)

EFFECT OF EXCITEMENT.—It is of the highest folly to judge of the sick, as is so often done, when you see them merely during a period of excitement. People have very often died of that which, it has been proclaimed at the time, has "done them no harm."

FOOD.—To the large majority of very weak patients it is quite impossible to take any solid food before 11 A. M., nor then, if their strength is still further

exhausted by fasting till that hour. For weak patients have generally feverish nights, and, in the morning, dry mouths; and, if they could eat with those dry mouths, it would be worse for them. A spoon-full of beef tea, of arrow-root and wine, of egg-flip, every hour, will give them the requisite nourishment, and prevent them from being too much exhausted to take at a later hour the solid food, which is necessary for their recovery.

Let the food come at the right time, and be taken away, eaten or uneaten, at the right time; but never let a patient have "something standing" by him, if you dont wish to disgust him of everything.

The nutritious power of milk, and of the preparations from milk, is very much undervalued; there is nearly as much nourishment in half a pint of milk as there is in a quarter of a pound of meat. But this is not the whole question, or nearly the whole as to the kind of food. The main question is what the patient's stomach can assimilate or derive nourishment from, and of this the patient's stomach is the sole judge. Chemistry cannot tell this. The patient's stomach must be its own judge. The diet which will keep the healthy man healthy, will kill the sick one.

DRINK.—A great deal too much against tea is said by wise people, and a great deal too much of tea is given to the sick by foolish people. A little tea or coffee restores them quite as much as a great deal, and a great deal of tea, and especially of coffee, impairs the little power of digestion they have.

QUANTITY.—An almost universal error among nurses is in the bulk of food, and especially the drinks they offer to their patients.

CLEANLINESS.—Care should be taken in all the operations of sponging, washing, and cleansing the skin not to expose too great a surface at once, so as to check perspiration.

Every nurse ought to be careful to wash her hands very frequently. If her face, too, so much the better.

As to cleanliness, you can easily keep yourself cleaner with a tumbler of hot water and a rough towel, and rubbing, than with a whole apparatus of bath, soap and sponge, without rubbing.

A WORD ABOUT SOOTHING SYRUPS.

People take too much medicine. As soon as the little infant has breathed, kicked and screamed at the first air-bath it must be dosed, and from that time forward, until "dust to dust" concludes the noblest song of earth, the throat is the avenue of the most various and virulent poisons. Anodynes, teas, and soothing syrups are the curse of the nursery. They beget disease. The stomach suffers first. Digestion, the absorption and proper appropriation of food, are disordered. The appetite becomes capricious. Dyspepsia is the first consequence of the abominable propensity to thrust drugs into the tender and delicate stomach of the young child. After this comes a train of consequences which are, if possible, of a more fearful character. The nervous system is implicated. Give a child Godfrey's cordial, or one of its more recent counterfeits,—a soothing syrup—once or twice and it will cry for the comforting "drop" to put it to sleep at another time. With each repetition of the dose, the necessity for the artificial stimulus is more and more fastened upon the little one. The

nerves demand it precisely as those of the toper clamor for his accustomed dram. Perhaps you have never thought of it, but there is not a shadow of a doubt but the seeds of drunkenness, as well of disease, are frequently sown in the nursery. Morbid appetites are engendered, and the whole train of consequences which crop out in the after life of the intemperate, may tell as plainly as words could express it, the origin of what has grown to be a calamity. The opium in the paregoric, the morphine in the quieting syrup, act upon the brain precisely as alcohol does. The gin in the cordial is closely akin to that which is handed over the "bar" of the dram-shop, while its consequences are identical. The infant is real flesh and blood like the adult. If these stimuli do harm to the parent, and are put under the ban of society in his case, so they may and will certainly injure the child, and should be proscribed in case of the young as well as the old. If it is suicidal, as it certainly is, for a father to drink the abominable medicated "bitters" which are so popular in our day, so it is a species of murder to give analagous compounds habitually to children, to drug them into incipient stupidity, idiocy, insanity and intemperance. We protest against the habit. If those who are come to maturity, of body if not of mind, are disposed to victimize their highest and noblest nature to a debasing appetite, and consequently to carry the evidence of their folly in their bloated features, as well as their bad feelings, pray let them not implicate the next generation by sowing the seeds of this abominable vice in the soil of the nursery. If they will persevere to the bitter end, pray let them not perpetuate the curse under the guise and pretense of bestowing a blessing.

MEDICAL MAXIMS.

The secret of good nursing is not to be too officious. "Doctor," said a kind-hearted old nurse but the other day, "is it possible for me to do anything more to make this poor patient comfortable?" "Certainly it is," he replied, "sit down and keep quiet."

Don't be forever dosing your children for *worms*. Correct their general health, and you remove the very conditions of existence in case of the parasite. Worms could no more live upon a healthy mucous membrane than your pet canary could in an atmosphere of pea-soup, or of olive oil.

Never measure the value of your physician's advice by the amount of medicine he leaves you. The only exception you should make to this rule is in favor of those horse-doctors who deal it out by the pound, and of whom it may safely be said, that *the less they know the more medicine they give*.

It is a bad plan to wash a running sore too frequently. The little blood-vessels exude a gummy substance which must be organized after it is thrown out. This latter process requires time. If you wash away this substance before it is formed into tissue, the healing process will certainly be retarded.

It is bad policy to quarrel with those who differ from you in your medical preferences. There is a homely old proverb which commends us "Not to endeavor to set every man's sun-dial by our own watch."

A cheerful mind is the best preventive for many diseases. Dyspepsia, bilious derangements, jaundice, and sometimes a typhoid fever have resulted from a fit of

"the sulks." At time of an epidemic, as for instance cholera, or diphtheria, fear is often a predisposing cause. It is an old saying, "you might as well kill a man as to scare him to death."

FIFTEEN FOLLIES.

1. To think that the more a man eats the fatter and stronger he will become.

2. To believe that the more hours children are confined in study at school the faster they learn.

3. To conclude that if exercise is good for the health, the more violent and exhausting it is, the more good is done.

4. To imagine that every hour taken from sleep is an hour gained.

5. To act on the presumption that the smallest room in the house is large enough to sleep in.

6. To argue that whatever remedy causes one to feel immediately better, is good for the system, without regard to ulterior effects.

7. To commit an act which is felt in itself to be prejudicial, hoping that somehow or other it may be done in your case with impunity.

8. To advise another to take a remedy which you have not tried on yourself, or without making special inquiry whether all the conditions are alike.

9. To eat without an appetite, or to continue to eat after it has been satiated, merely to gratify the taste.

10. To eat a hearty supper for the pleasure experienced while it is passing down the throat, at the ex-

pense of a whole night of disturbed sleep, and a weary waking in the morning.

11. To remove a portion of the clothing immediately after exercise, when the most stupid drayman knows that if he does not put a cover on his horse the moment he ceases work in winter, he will lose him in a few days at most by pneumonia.

12. To contend that because the dirtiest children in the street, or on the highway are healthy and hearty, that, therefore, it is healthy to be dirty; forgetting that the continuous exposure to the pure out-door air, in joyous and unrestrained activities, is such a powerful agency for health that those who thus live are well, in spite of rags and dirt.

13. To presume to repeat, later in life, without expecting injury, the indiscretions, exposures and intemperances which, in the flush of youth, were practiced with impunity.

14. To believe that warm air is necessarily impure, or that pure cool air is necessarily more healthy than the confined air of a close and crowded vehicle; the latter, at most, can only produce fainting and nausea; while entering a conveyance after walking briskly, lowering a window, thus being exposed to a draft, and getting a cold infallibly, or an attack of pleurisy or pneumonia, that will cause weeks and months of suffering, if not actual death within four days.

15. To "remember the Sabbath day," by working harder and later on Saturday than on any other day of the week, with a view of sleeping late next morning, and staying home all day to rest, conscience being quieted by the plea of "not feeling very well."—*Journal of Health*.

RULES FOR DIET.

The best general rule in regard to the *diet of the sick*, is to avoid all kinds of food not easily digested, and whatever, from its nature or from high seasoning, is particularly stimulating, heating or exciting, or is strongly flavored with substances having a medicinal action. All stimulants, such as *coffee, tea, tobacco; and spirits, wine or beer.*

Eat at regular intervals, and rather *often* than *much* at a time. Let the stomach rest after digesting, but do not let it crave food if suitable food can be got.

In case of persons in the habit of using stimulants, it may not be always wise to immediately cease the use of them altogether, as in some instances a moderate use of them may prevent the complete *collapse* or "*sinking*," which is apt to result from removing all stimulants from a nervous system almost entirely dependent upon them. For tea and coffee, weak *black* tea must be substituted, and tobacco can be used in very small quantities, but *not* just before or just after taking medicines.

Perfumery of all kinds is best dispensed with by the *sick*, substituting cleanliness therefor; and the *well* would be more likely to *continue* so if they followed the same rule.

HOW TO MAKE BROTH.

Mince up a pound of lean but tender beef, mutton or chicken, put it into a pint of cold water, and let it stand three or four hours in a cool place; put it over a slow fire, add a little salt, and sometimes a little sugar, too; let it boil gently a minute or two, strain it, and it is ready for use.

HOMŒOPATHY THE TRUE MEDICAL PRACTICE.

The time has gone by when much need be said in favor of Homœopathy. Even those who, through ignorance, bigotry, or old-fogyism, have never given it a trial, can do nothing more than ridicule or misrepresent the system and its adherents; and those who have experienced its beneficial results acknowledge it as one of the most important discoveries ever made; and the founder of the system, the immortal Hahnemann, as one of the greatest benefactors of the human race. There are now in the United States, between three and four thousand physicians advocating and practicing this treatment, and for their patients, they have, without doubt, *the larger share* of the intelligent and thinking portion of community. No one who has watched the progress made by this school of medicine, and has noted the character and position in life of its usual converts, but can see readily that the time is not distant when Homœopathy will stand as the Science of Medicine.

WHAT IS HOMŒOPATHY?

This may be answered, in the first place, negatively. It is *not* small doses nor little pills. Large doses may be given Homœopathically, and small doses Allopathically.

It is *not* working upon the imagination, for it cures children and horses and fools, as promptly as poets. It is *not* curing by *diet*, for we let our patients eat whatever they can digest, and all they can digest. It is not leaving our patients to get well of themselves, or, if it is, it is a great pity that other medical schools do not give their patients the same chance. But, in the second place, and positively, it is curing, or attempting to cure diseases, in accordance with a law now well known, that "like cures like." You burn your finger, and to cure it quickly thrust it into warm water, if you know enough. You freeze your nose, and you apply snow to it,—that is Homœopathy. This is external treatment, but the internal treatment, or that by drugs, is the same. We give Ipecac, to cure a man of nausea or vomiting; Opium to arouse him from stupor; Coffea to soothe him if he is wakeful. Our opponents say these things are ridiculous; we say they are facts.

Now, just here the small doses come in. We have said above that Homœopathy was not small doses, nevertheless, the experience of all who use Homœopathic drugs, shows conclusively that they must be given in comparatively small doses. To recur to the illustration just used; if you give a large dose of Ipecac to a man suffering from nausea, you would increase his nausea; hence, the drug must be reduced till it will no longer produce nausea, but will, nevertheless, cure it; all our drugs have to undergo this process, some more, some less; a very simple thing it is, but very wonderful to Allopathists. If their drugs produce more effect than they desire, they do not give less and less till they reach the point of safety, but they throw them away, and risk some other drug.

In another respect we differ from other medical schools, and that is in our manner of learning the virtues of our remedies. The "scientific" method (so called) of learning the virtue of a drug, is to mix it

with two or three others and give them to a sick man ; whatever happens, is the result of the drug under trial ; of course the other drugs and the disease being quite passive all the while, to give the drug in question a fair chance. We are less "scientific," but more rational. We give one drug at a time, to a person in health, and watch its effects ; then to another, and another, and the symptoms produced we say are the effects of the drug.

This being the way in which we study the virtues of our drugs, and the law by which we use them, the results are :

First.—We cure more patients than the old school. (This can be easily seen by comparison of the statistics of treatment and cures in Allopathic and Homœopathic hospitals and dispensaries the world over.)

Secondly.—We cure them quicker.

Thirdly.—We cure them at less expense.

Fourthly.—We cure them more thoroughly. When our patients recover from the disease, they do not have to get well of the doctor. And

Finally.—We cure diseases which Allopathists cannot cure.

Note.—In speaking of the success of Homœopathy, we mean the result of the *intelligent* use of Homœopathic Remedies by well educated, well qualified and skillful physicians : and in the domestic employment of these means of cure, families should be guided by the advice of such physicians, or by the use of the best books written for this purpose by such physicians. "Homœopathic Specifics," so called, are advertised and sold extensively throughout the United States. In some cases they are good, and probably more safe to use, and more satisfactory in their effects, than what are ordinarily called "patent medicines," "quack medicines," &c. Yet, even if these "specifics" are what they are advertised to be, and one can get them fresh and good, there is a great disadvantage in using them, for the reason that one does not know what medicine he is taking, and if he afterward calls a physician he cannot tell him what he has been taking, which is often very important. Besides, it is unreasonable, and contrary to all correct medical principle, that the same medicine should cure a certain disease in every one of a number of persons. True Homœopathy considers and treats a disease according to the *symptoms*, in every case.

SIMPLE DIRECTIONS FOR THE TREATMENT OF COMMON AILMENTS.

The following simple instructions are, in the main, taken from "The New Homœopathic Guide,"* probably the most sensible and useful domestic manual in print :

It often occurs that a family is so situated that a physician cannot readily be procured, or an ailment is considered so slight that it does not seem worth while to send for the doctor ; yet much time may be saved, and much suffering prevented, by having at hand a few simple Homœopathic remedies, and the following instructions. *Do not, however, let this book or any other take the place of the doctor, if you can get a good one.* You may not know but some serious disease threatens, and it would be great folly to waste precious time and risk precious life in the hope to save the doctor's fee, by meddling with something you know but little about.

As to the dose to be given, if the medicines are in pellets, the dose for an adult is four of the medium size, (No. 4;) if in powder, give a quantity equal to a small pea ; if in liquid, a drop in a teaspoonful of water. For children the dose should be small in proportion. Ordinarily the medicine should be given every one to three hours ; in urgent cases oftener. It is best to let the powders and pellets dissolve on the tongue before swallowing. When convenient, an excellent plan is to dissolve three or four times the ordinary dose in half a glass of water, and after stirring it well give teaspoonful doses of the solution.

If, now and then, you do not succeed in effecting a

* The book, and any of the medicines, either in single vials or in cases, can be obtained at the Homœopathic Pharmacies, or of Homœopathic physicians any where in the United States.

cure, according to the prescription given, do not consider it a failure of Homœopathy. It may be that you have mistaken the symptoms, or that you have not given the right attenuation of the medicine. The more susceptible the patient, the higher the attenuation required. For young children, and women of delicate organization, from the 6th to the 30th attenuation (on the centesimal scale, 1-100) is usually best. Sometimes even the 200th attenuation is required. Such cases, however, are usually under the care of a physician, or should be. Medicine cases for domestic use, should be filled with remedies ranging from the 3d to the 6th. Occasionally even the lowest attenuations are given, as the 1st or 2d, and even the mother tinctures. Many will say that it is nonsense to expect any effect from medicines so highly attenuated as above, but facts are stubborn things, and we *know* of what we speak.

As to the form of the remedies, it is merely a matter of convenience. The *globules* are only pure sugar, saturated with an alcoholic solution of the drug. Powders are triturations of the drug, with sugar of milk, or, are sugar of milk or sugar, saturated with a solution of the drug, or with dilutions more or less strong.

AGUE.

Every form of intermittent fever is more successfully treated with Homœopathic remedies than with any other, and even if the success is only *equal* to the old school treatment, you have the satisfaction of knowing that the remedies are doing no harm. If you are within reach of an experienced Homœopathic physician, it will be a saving of time and suffering to call him at once. If you are not so fortunate, the following directions will be of service. In a case of simple fever and ague, not yet fully established, put three or four drops of the mother tincture of Ipecac into half a glass of water, stir it well and drink all at once, about two hours before the chill is expected. If this does not break up the chill try it the next time, and meantime be careful in diet, and keep the stomach and bowels in good condition with appropriate medicines. In well established cases of intermittent fever, where there is the regular chill, fever and sweat, give a two-grain powder of the Homœopathic preparation of Quinine marked 1-10, every two hours for the twelve hours before the chill, and afterward give the same dose once an hour, commencing two hours before the next chill is expected. Continue this treatment for a week, then give the same dose every seventh day, in the evening, for thirteen weeks after the last chill. Do not be afraid of Quinine in this form; it cannot hurt you. It is the Homœopathic remedy for some forms of ague, and every case ever really cured by Quinine, was cured upon Homœopathic principles.

BOILS.

The pain and soreness is readily relieved and the boil brought to a head, by binding over it half of a ripe tomato, removing it as it becomes dry. Canned tomatoes do very well when fresh ones cannot be got. The tomato (*Lycopersicum*) cerate, or the poultice, are both much used instead. If the swelling is very large and painful, a few doses of Bella. and Merc., alternately once an hour, will be useful, and Hep. Sulph. will aid in the suppurating process. Persons subject to boils should be careful in their diet and habits, and avoid bilious derangements.

BRUISES AND STRAINS.

Apply Arnica Lotion, (one part strong Homœopathic tincture of Arnica to ten of water.) If the skin is broken and lacerated, Calendula Lotion is much better, —prepared in the same way. In case of a severe blow or fall, put one drop of the Arnica tincture into half a glass of water, and give the patient a teaspoonful every ten minutes.

BILIOUS DERANGEMENT.

When the skin and eye-balls look yellow, the tongue is coated, back and limbs ache, there is dull pain over the eyes, and bowels irregular or constipated, take Nux vom. and Merc. alternately four times, daily.

Podo. is also very useful taken three or four times a day, in case of depression of spirits, lassitude, dull pain in the forehead, and inactive condition of the bowels. Persons disposed to disorders of the liver should take plenty of out-door exercise, eat ripe acid fruit abundantly, and cultivate a cheerful and peaceful frame of mind.

BURNS AND SCALDS.

If slight, hold the part burned as near the fire as possible, or in water as hot as can be borne, for a few moments; the pain will soon be over. When a considerable surface is burned, the application of Cantharis Cerate, if made *at once*, will remove the pain and prevent blistering. In case of blistering, open the blisters and cover the burned surface with cotton-batting saturated with Urtica Urens Lotion, and after the pain is quite relieved, dress the wound with Calendula Cerate, which will soon heal it.

CHAPPED HANDS AND LIPS.

Nothing is better than a preparation of the Calendula for these annoyances. The Calendula Jelly is the neatest and most agreeable article of the kind now used.

CHILBLAINS,

Will be considerably relieved by application of Arnica Lotion; old cases, where there is much inflammation, itching, and redness of the skin, require Rhus Lotion or Rhus Cerate.

CARBUNCLES.

The same external treatment as boils. In some cases a few doses of Silicea will be beneficial, and when the pain is of a burning character, and the swelling slow in healing, Arsenicum should be taken.

CHAPTER II.
CATARRH.

See "Cold in the Head." In chronic Catarrh, the severe pain in the forehead will be relieved by putting ten drops of mother tincture of Aconite in half a glass of water, stirring well, and taking teaspoonful doses every half hour. If abscesses form in the cavities of the nose, or if there is much discharge of mucus, Merc., Iod., 1st trit., taken four times daily, will greatly relieve. Between the acute attacks Hep. Sulph. should be taken, and will, in most cases, gradually remove the disease.

COLDS.

A sudden cold, from getting wet or chilled, can be broken up immediately, if treated at once, by taking, every ten minutes, three or four Camphor Pills, (large sugar globules medicated with strong camphor,) till from three to five doses have been taken. In severe cases, in addition to the use of *Camphor* much is gained by soaking the feet in water as hot as can be borne, for ten or fifteen minutes, and then covering up warm in bed until perspiration is brought on; afterward rub the skin briskly with a dry towel, before exposing one's self to chill air again. (See Cough.)

COLD IN THE HEAD.

When a cold is established, and there is feverish heat in the face, running at the nose, eyes smarting or watery, throat raw and rough, give at first a few doses of Aconite, at intervals of an hour; then alternate it with Bry. If there is pain over the eyes, and the nose is obstructed, Nux Vom. is the remedy; if constant sneezing, Merc. If burning and soreness of the nose, and weak and watery eyes, first a few doses of Aconite, then Arsen.

COLIC.

Ordinary wind colic is relieved almost immediately by a dose or two of Colocynth. If there exists a constipated state of the bowels, Nux Vomica is the remedy. The colic of infants is relieved usually by Chamomilla.

CORN8.

Soft corns or bunions are best treated by applying Arnica oil every night. Hard corns should first be softened by soaking the feet in warm water, then

pared down as much as possible without pain; afterward put on one of the Arnica Corn-plasters. The application of the mother tincture of Thuja after the corns are pared down, is considered by many efficacious in removing them. Of course, tight or ill-fitting boots will have a tendency to renew the trouble.

CONSTIPATION.

Nux Vom. is the usual remedy—or Nux Vom. at night, and Sulph. in the morning, for several days; avoid purgatives, as they give only a temporary relief, and leave the bowels more disposed to the same condition. If Nux does not relieve soon, try Podophyllin. If of a costive habit, walk or ride horseback when you can, and eat ripe fruit and vegetables freely.

CHOLERA.

If you have not a good Homœopathic physician at hand in a cholera season, don't fail to read and remember the instructions given on this subject in *The New Homœopathic Guide*, by Dr. Shipman. The book can be obtained at any of the Homœopathic Pharmacies.

A pamphlet on Cholera and its treatment can also be obtained, gratis, of the publisher of the pamphlet you are now reading.

COUGH.

Aconite is the best remedy for an ordinary irritation of the throat, causing a cough. If there is rawness of the throat, Bryonia is needed in alternation with it; if soreness of the lungs, or pain in the chest, on coughing, give *Phosphorus*; if much oppression of the chest and difficulty of breathing, *Tart. Emet.* In hoarse cough, or the *croupy cough* of children, give *Spongia*.

CROUP.

True croup is too dangerous a disease to be left to domestic treatment. By all means procure *at once* a good Homœopathic physician if possible. Meantime give Aconite one or two doses, then *Spongia*, if the cough is very deep and hoarse; *Tart. Emet.* if there is much wheezing and difficulty of breathing; and keep wet cloths over the chest and throat, covered outside with flannel. The medicines should be given as often as every fifteen minutes

CRYING OF CHILDREN.

The fretfulness of teething children will often be relieved by a dose of *Chamom.* If there is much

swelling of the gums, and a general feverish condition, Aconite is best. If there seem to be sharp colic pains, Colocynth will relieve at once; or Nux Vom. if the bowels are costive.

Cordials and soothing syrups of all kinds are best *let alone*. The mother can better afford to be annoyed by her child's fretfulness, than to see it injured in mind and body by the use of opiates or alcoholic poisons in any shape.

DIARRHŒA.

Merc. is the principal remedy, especially for the bilious diarrhœa so common at the West, or when the disease results from change of climate or water. Arsen. is prescribed where there is burning in the stomach and great weakness; Verat. cures most cases of chronic diarrhœa. The diarrhœa of teething children is generally relieved by Chamom. Diarrhœa presents so many different symptoms in different persons, that one should endeavor to treat it intelligently. Get a good physician, or consult The New Homœopathic Guide.

DROPSY.

Obstinate cases are greatly relieved, and often cured by Apocynum Cannab. The best form for domestic

use is what is called "Hunt's preparation of Apocynum." It is sold at the Homœopathic Pharmacies, at \$1 per pint bottle. The dose is a tablespoonful three times daily.

FEVERS.

For all feverish conditions, Aconite is the chief remedy, and if given promptly and frequently at the commencement of the attack, will often prevent any serious results. If there is with the symptoms of fever much redness or pain in the eyeballs, or swelling of the glands of the throat, give Bella. alternately with Acon. If there is a feeling of lameness and stiffness of the limbs and joints, give Bryonia. When convenient, cover the patient warm in bed, after soaking the feet well in hot water. Cold water and weak acid drinks are beneficial.

FREEZING.

Rub the parts frozen immediately with snow or ice-water. Keep away from the fire. (See Chilblains.)

HEADACHE.

Nux Vom. if the complaint results from over-exertion of the mind ; Pulsatilla, if from indigestion ; Acon. if from a cold. Sleep if you can, unless it is a case of indigestion from overloading the stomach, or want of exercise. For sick-headache, put ten drops of the mother tincture of Ipecac in half a glass of water, and drink at once ; if not relieved in half an hour, repeat the dose. (See Bilious Affections, Catarrh, and Constipation.)

HOARSENESS

Is ordinarily relieved by Bryonia in six or twelve hours ; if not cured, take Hepar Sulphur or Phosphorus.

HYSTERICIS.

Persons subject to attacks of this kind, should avoid all kinds of excitement, and lead as active a life as possible in the out-door air. When the attack is felt to be coming on, a glass of cold water drunk at once will greatly relieve ; and if two or three drops of mother

tincture of Aconite are added, most cases will be controlled almost immediately. In treating such a person be firm and decided, though gentle, so as to influence as much as possible by your magnetic power.

INFLAMMATION OF THE EYES

If from irritation caused by specks or dust in the eyes, bathe with a mixture of ten drops of Arnica tincture in a teacup of soft water. *Aconite* is the internal remedy for most kinds of inflammation of the eyes, especially when caused by cold. Sometimes bathing the eyes in the Aconite Eye Lotion is all that is required. A dose or two of Sulph. on the second or third day. The epidemic affection of the eyes, so common in families, is generally cured by Euphrasia and frequent bathing in clean soft water.

INFLAMMATION OF THE LUNGS.

In simple cases give Acon. ; Phosphor. also, if there seems much soreness, and Tart. Emet. if there is much difficulty of breathing. The disease is too dangerous to trifle with. Get a good Homœopathic physician if you can.

INDIGESTION.

Give Nux Vom., if from over eating. Pul. if from eating rich or greasy food.

 ITCH.

Apply the Hepar. Sulph. Lotion externally, and take four times daily a dose of Hepar. sulph, calc.

 LEUCORRHŒA.

Make the general health good as possible, keep the parts clean by frequent bathing in cold water, and take *Sepia* three times a day. If the case is severe, and you cannot obtain a good Homœopathic physician, send for the Patent Combination Vaginal Syringe, and directions for use.

LICE.

Children must go to school—and for adults the old adage is as true now as ever—"Misfortune makes strange bed-fellows." After the use of the comb, and proper cleansing, one or two applications of the *Cocculus Lotion* (sold at the Pharmacies in half-pint bottles, at 50 c.) will clean out the vermin, and destroy the "nits." The Mercurial ointments often used are very dangerous.

MEASLES.

Acon. and Pul. alternately, are the remedies in simple cases. Keep the patient well protected from the air, so as to avoid a chill. For further instructions see *The New Homœopathic Guide*.

MENSTRUATION.

Puls. is the general remedy for suppression or pain, resulting from taking cold. All disorders of this function are of too much importance to be long neglected. Employ a good Homœopathic physician, if possible. Motives of delicacy, or questions of economy should not stand between you and health or life.

MUMPS.

Take Merc. three or four times daily, and be careful about taking cold.

NERVOUSNESS.

Take Aconite if there is also a feverish condition; Belladonna if there is pain and redness of the eyes, or headache; Coffea if simply an excited state of the nerves. The nervousness of some women is relieved readily by a few doses of Puls.

NEURALGIA

Is a tedious complaint to treat. The majority of cases are relieved by Acon. internally, and the external use of the Aconite Lotion, prepared expressly for neuralgic affections.

PILES.

As they are usually accompanied by constipation, take regularly Nux at night and Sulph. in the morning, and bathe the parts with the Fluid Extract of Hamamelis, or anoint with the Hamamelis Cerate. Nearly all cases will be cured by this treatment.

POISONS.

There is not space enough here to give instructions for treating cases of poisoning, yet every family should have such instructions at hand for a time of need. (A chapter on this subject can be found in the New Homœopathic Guide.)

RHEUMATISM.

If of the muscles, give Bryonia, and use externally the Bryonia Lotion; if of the joints, give Rhus tox. and the Rhus Lotion.

STINGS OF INSECTS.

Arnica Tincture is the best remedy for the bites or stings of most insects. The smarting of mosquito bites is most quickly relieved by the application of the Tincture of Ledum.

STITCHES IN THE SIDE.

A dose or two of Aconite. If that does not relieve, give Bryonia.

STRAINS.

See "Bruises."

SORE THROAT.

If only raw and rough, Acon. and Bryon.; if the tonsils and glands are swollen, Bell.; if Bell. alone is not sufficient, alternate it with Merc.

URINARY DIFFICULTIES.

In most cases of irritation or inflammation of the urinary organs, with retention of urine, or with frequent or painful discharges of urine, Canth. and Nux vom. alternately will give relief.

VOMITING.

Simple nausea and vomiting, from a disordered stomach, is relieved, as soon as it ought to be, by a few doses of Ipecac. In cases of great prostration and continued vomiting, Arsen. is the remedy. The medicine should be given in a fresh dose as often as it is thrown up.

WARTS,

Unless they are exceedingly stubborn, will be easily removed by the application of the mother tincture of Rhus tox. to the surface, three or four times a day for several days, occasionally paring off the dead portion. Care must be had to avoid getting the tincture on the healthy flesh, as it is poisonous to some persons.

WORMS.

The chief remedy is Cina. For what is called *worm fever*, get and give Cinacc a dose twice a day. Further instructions on this important subject, can be found in the New Homœopathic Guide.

WOUNDS.

For slight cuts use the Calendula Court Plaster. Severe cuts and lacerated wounds should be done up in their own blood, and covered with a bandage wet with Calendula Lotion.

TO CLERGYMEN.

Many Clergymen in the smaller towns throughout the country, where there is no settled Homœopathic Physician, have already interested themselves in supplying families under their charge with Homœopathic books and medicines.

Their first duty is, of course, to attend to the cure of the *soul*; but if they can also provide for the cure of the *body*, it is so much the more good done; and indeed, if ministers could contrive to keep the bodies of their parishioners in a good state of health, their minds and hearts would be in a better state of preparation for spiritual good. Besides,—looking at the matter financially,—if the people are well, they are better able to contribute to the support of their pastor, and what money is saved from sickness and doctors' bills, may perhaps find its way into the too often empty purse of the hard-working and poorly-paid minister of the gospel.

Add to this the fact that *we give a considerable discount to Clergymen* and others who buy these books and cases to supply their neighbors with,—and there is a new reason why, if your opportunities are as above, you should send for prices to

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CALENDULA CERATE—For Wounds requiring bandaging, I " jar,	-	-	-	.35
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
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
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
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

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